Grocery list

50 everyday staples across five categories, with their protein, carbs, and fat at a standard reference amount. Check items off as you shop.

Protein

Per 100g unless noted

	Food	Notes	Protein	Carbs	Fat	Calories
☐	Chicken breast	*cooked, skinless*	31g	0g	3.6g	165
☐	93/7 ground beef	*cooked, pan-browned*	28.9g	0g	9.5g	209
☐	93/7 ground turkey	*cooked*	25.9g	0g	11.4g	207
☐	Salmon	*cooked*	22g	0g	12g	206
☐	Eggs	*hard-boiled*	13g	1g	9g	136
☐	Chobani plain low-fat Greek yogurt	*2%, brand-specific*	9g	4g	2g	73
☐	Cottage cheese	*low-fat, 2%*	10g	5g	2g	81
☐	Canned tuna	*in water, drained*	25.5g	0g	0.8g	116
☐	Pork tenderloin	*cooked*	30g	0g	8g	201
☐	Shrimp	*cooked*	22.8g	1.5g	1.7g	119

Carbs

Per 100g unless noted

	Food	Notes	Protein	Carbs	Fat	Calories
☐	White rice	*cooked, plain*	2.7g	28.2g	0.3g	130
☐	Sweet potato	*baked, plain*	2g	20.7g	0.1g	90
☐	White potato	*baked, plain, no skin*	2g	21.6g	0.1g	93
☐	Oats	*cooked, plain*	2.5g	12g	1.5g	71
☐	Whole wheat bread		13g	43g	4g	265
☐	Pasta	*cooked, plain*	5g	25g	1.1g	131
☐	Quinoa	*cooked, plain*	4g	21g	2g	120
☐	Honey (per 15g)		0g	12.3g	0g	46
☐	Flour tortillas		9g	56g	7g	325
☐	Black beans	*cooked, plain*	8.9g	23.7g	0.5g	132

Fats

Per 15g unless noted

	Food	Notes	Protein	Carbs	Fat	Calories
☐	Olive oil		0g	0g	15g	133
☐	Butter		0.2g	0g	12.2g	108

	Food	Notes	Protein	Carbs	Fat	Calories
	Peanut butter		3.6g	3.3g	6.8g	88
	Avocado	*raw*	0.3g	1.3g	2.1g	25
	Almonds	*raw*	3.2g	3.3g	7.5g	87
	Walnuts	*raw*	2.2g	2.1g	9.8g	98
	Cheddar cheese		3.4g	0.4g	5g	60
	Chia seeds		2.6g	6.3g	4.6g	73
	Coconut oil		0g	0g	15g	134
	Mayonnaise		0.2g	0.2g	11.2g	102

Veggies

Per 100g unless noted

	Food	Notes	Protein	Carbs	Fat	Calories
	Broccoli	*cooked, boiled, plain*	2.4g	7.2g	0.4g	35
	Yellow squash	*cooked, boiled, plain*	1g	3.8g	0.4g	19
	Corn	*cooked, plain*	3.4g	21g	1.5g	96
	Green beans	*cooked, boiled, plain*	1.9g	8g	0.1g	35
	Spinach	*raw*	2.9g	3.6g	0.4g	23
	Carrots	*raw*	0.9g	9.6g	0.2g	41
	Bell peppers	*red, raw*	1g	6g	0g	31
	Onions	*cooked, plain*	1.3g	11g	0.1g	47
	Tomatoes	*raw*	0.9g	3.9g	0.2g	18
	Cucumber	*with peel, raw*	0.7g	3.6g	0.1g	15

Fruit

Per 100g unless noted

	Food	Notes	Protein	Carbs	Fat	Calories
	Strawberries	*raw*	0.7g	7.7g	0.3g	32
	Blueberries	*raw*	0.7g	14.5g	0.3g	57
	Banana	*raw*	1.1g	22.8g	0.3g	89
	Apple	*raw, with skin*	0.3g	13.8g	0.2g	52
	Orange	*raw*	0.9g	11.8g	0.1g	47
	Grapes	*raw*	0.7g	18g	0.2g	69
	Pineapple	*raw*	0.5g	13.1g	0.1g	50
	Watermelon	*raw*	0.6g	7.5g	0.1g	30
	Mango	*raw*	0.8g	15g	0.4g	60
	Pear	*raw*	0.4g	15.2g	0.1g	57

Figures are USDA-based averages for the preparation noted (e.g. "cooked, plain"), rounded for readability. Brand, cut, and cooking method will shift the exact numbers. Fats are shown per 15g (roughly a tablespoon), since a little goes a long way; honey is shown the same way for the same reason.

This is general information, not personalized medical or nutrition advice.